Warmlines

A warmline is a way to get peer support for mental health over the phone or via text. These phone lines are *not* crisis lines but rather resources to be used to prevent a person from reaching a mental health crisis. They are staffed by peers who have an understanding of mental health struggles rather than by psychological professionals.

* **Minnesota Warmline**

(651) 288-0400 or text “SUPPORT” to 85511

Available 7 days/week, 9am-9pm

Online chat also available at <https://mentalhealthmn.org/what-we-do/peer-support/minnesota-warmline/>

* **Peer Support Connection Warmline**

1-844-739-6369

Available 7 days/week, 5pm-9am

African American peers specifically available on Tuesdays and Thursdays at 1-855-244-5050

additional information at <https://mnwitw.org/mnwarmline>